

Application No.: 10/509,579**Docket No.: 4495-078****Amendments to the Specification:**

Please amend the specification as follows:

Page 2, lines 10-20, please delete entirely and replace the following new paragraph:

The present invention is a container for cooking foods to be heated and cooked by an external heating means including a container body for accommodating food ingredients. The container body has an opening with a peripheral edge forming a rimmed part. A cover is adhered to the rimmed part formed at the peripheral edge of the opening to cover the opening. A pressure-releasing part that is adhered to the container body with a weak adhesion force in such a way that a part of the cover is exfoliated by vapor pressure that is generated inside the container when the container is heated by the external heating means. A seasoning packet has a projected tab grippable by fingers and has an exfoliation part whose adhesion force is weak and is openable by vapor pressure generated by heating energy directly received from the heating means so that the liquid seasoning inside the container can flow out and season the food ingredients inside the container.

Page 3, lines 3-26 through page 5, lines 17, please delete entirely.